

SEPTEMBER PROGRAMS 2015



HEALING MOVEMENT

Monthly Restorative Yoga

When: Wednesday, September 9, 6:00-7:15 pm

Where: The Cancer Connection Idaho

Teacher: Naomi Jones

This class is all about letting the body relax! Restorative Yoga is wonderful for stress reduction, anxiety, depression, chronic disease and pain management. You will be lead through some gentle movement and poses which will calm your nervous system and mind, then given a simple practice you can try at home. Wear comfortable clothes and join us for some relaxation.

Suggested Donation: \$10

Qigong

When: Tuesdays, 12:00-12:50, September 1-22

Where: The Cancer Connection Idaho

Teacher: Carla Kyle, Dipl. ABT, NCCAOM

What is qigong (chee-gong)? It's the ancient Chinese practice of using one's breath and slow, gentle movements to regulate the body's natural energy or "qi" (chee). It's similar to tai chi, which is a martial art, but this simpler form promotes healing and wellness. Benefits include stress reduction, anxiety relief, improved sleep, improved balance and a stronger connection between the mind and body. Join us in a gentle and accessible practice to cultivate balance and healthy movement. All experience levels welcome.

Suggested donation for four-week session: \$10

NETWORKING

Lunch & Learn

When: Tuesday, September 1, 12:00-1:00 pm

Where: The Cancer Connection Idaho

Bring your lunch and stop by The Cancer Connection Idaho to learn more about who we are and what we do. Get a tour and chat with staff. We'll provide snacks and beverages.

RSVP- 208-345-1145 or

info@cancerconnectionidaho.org.

MIND-BODY

Creating Harmony and Balance:

Mind Body Skills Part 1

When: Thursdays, 10:15-11:45, September 17-October 29

Where: The Cancer Connection Idaho

Teacher: Angela Levesque

This popular eight-week program will introduce you to the mind-body connection. In this class, you will explore the ways in which the body and the mind play a role in your overall wellness, and how each affects the other. Participate in weekly mindfulness exercises and comfortable group discussion to deepen your level of self-awareness and reduce stress.

Suggested Donation: \$25.00

Creating Resiliency: Mind Body Skills Part 2

When: Tuesdays, 10:15-11:45, September 15-October 27

Where: The Cancer Connection Idaho

Teacher: Angela Levesque

This eight-week program is a follow-up to Mind Body Skills Part 1 and incorporates and expands upon skills acquired in the first class. Learn how to build resilience and draw upon strengths and personal relationships to gain confidence and the ability to overcome challenges through group discussion, meditation and in-class assignments.

Suggested donation for 8-week session: \$25

EXPRESSIVE ARTS

The Daring Way™

When: Tuesday, September 8, 6:00-7:30 pm

Where: The Cancer Connection Idaho

Teacher: Diane Hakes, LCSW, CDWC

This six-week series was developed by Brenè Brown, PhD LMSW. Join us to learn how to show up, be seen and live braver lives amidst the challenges of living with cancer. The Daring Way™ will provide you with tools to manage feelings of vulnerability, stress and fear, and will help you embrace whole hearted living and resilience.

Suggested Donation: \$25

SEPTEMBER PROGRAMS 2015



CANCER CONVERSATIONS: SPECIAL FEATURE

LIVING WITH LYMPHEDEMA

This three week series is designed to help breast cancer survivors learn new ways to deal with the challenges of lymphatic swelling and drainage issues. You can sign up for all three weeks or come to each class individually.

1. Rumors and Realities of Massage for Breast Cancer

When: Thursday, September 24, 6:00-7:00 pm

Where: The Cancer Connection Idaho

Come learn more about what type of massage is best for your unique body.

2. DIY Manual Lymphatic Drainage

When: Thursday, October 1, 6:00-7:00 pm

Where: The Cancer Connection Idaho

Join us in learning massage techniques for dealing with Lymphedema that can provide relief.

3. Community Support and Lymphedema

When: October 8, 2015, 6-7:30 pm

Where: The Cancer Connection Idaho

Come chat with medical professionals from our community to answer your questions and discuss available resources, such as prosthetic supplies and compression garments to help you make an informed decision about your health.

To register, call 208-345-1145 or visit www.CancerConnectionIdaho.org

Save the Date for

Research & Hope Day

Dr. Ernie Bodai Presents:

Lifestyle Medicine: The Cancer Prescription

October 12, 2015 | 7:00-8:30 pm

Washington Group Plaza

Boise, ID



CANCER-FIGHTING NUTRITION SERIES



Building a Healthy Gut:

Using Seasonal and Fermented Foods

When: Tuesday, September 22, 2015, 6-7:30 pm

Where: Natural Grocers, 1195 N. Milwaukee St., Boise

Teacher: Anne Woodhouse and Kim Rene

Learn more about how to transition from summer to autumn foods, plus how to cook with squash and pumpkins. We will also discuss the health benefits of fermented foods and how to make them yourself.

Delicious samples included!